

2003 California Children's Healthy Eating and Exercise Practices Survey

**Table 53: Minutes of Light, Medium, Hard and Total Physical Activity
on a Typical Weekday (Diary Sample)**

Number of minutes your child spent doing each exercise or activity.

How vigorously did your child participate in this exercise or activity?

	Level of Physical Activity in Minutes, Mean			Total Minutes, Mean
	Light	Moderate	Hard	
Total	16	30	45	91
Gender				
Males	13 **	31	58 ***	103 ***
Females	19	27	30	78
Ethnicity				
White	14	32	39 ^a *	87
African American	14	36	43 ^{ab}	87
Latino	18	27	46 ^{ab}	93
Asian/Other	15	27	58 ^b	102
Income				
≤\$19,999	16	25	60 ^b *	101
\$20,000 - \$49,999	15	31	44 ^{ab}	93
≥\$50,000	16	29	41 ^a	88
Federal Poverty Level				
≤ 185%	15	23 **	54 **	93
> 185%	16	32	41	91
Food Stamps				
Yes	17	25	74 **	114 *
No	16	30	42	89
Overweight Status				
Not at Risk	18 *	33 *	42	94
At Risk/Overweight	12	25	48	87
Physical Activity				
≥60 minutes	N/A	N/A	N/A	N/A
<60 minutes	N/A	N/A	N/A	N/A
School Breakfast				
Yes	19	32	59 **	111 ***
No	15	29	42	87
School Lunch				
Yes	15	27	47	90
No	17	33	41	93
Nutrition Lesson				
Yes	15	33 *	47	97 *
No	16	26	42	84
Exercise Lesson				
Yes	16	30	48 *	95 *
No	16	29	37	83

A box around a group of numbers signifies that differences observed within this group are statistically significant.

ANOVA

* p<.05

** p<.01

*** p<.001